

GREENSBORO WATERSHED TRAILS GUIDE



Wild Turkey

Owls Roost



GREENSBORO
PARKS AND
RECREATION



General Trail Information

These trails are a perfect getaway close to home that provide miles of enjoyment for everyone!

Close to 50 miles of trails and greenways exist around the city's three lakes: Lake Higgins, Lake Brandt and Lake Townsend.

A few notes for an optimal trail experience:

The trails are maintained in a primitive manner. Most are linear, so be prepared to walk out and back along the same path. At the three lake marinas you can also enjoy year-round fishing and boating, as well as kayaking and canoeing. Restrooms are available at the marinas and in the parks during regular operating hours. Make sure to plan your trip accordingly by dressing appropriately for the weather. Every trip should include water, a cell phone and this map! Help us keep the trails pristine by packing out what you pack in. Be aware that parking is limited in some areas.

Find Us on the Web!

Use **#gsotrails** to keep the conversation going.

www.greensborotrails.org



Trail Rules

- **No intoxicants** on premises, bikes on posted trails, horseback riding, motorized or off-road vehicles (ORVs), smoking, or camping
- **All pets must be on a leash.** This is a city ordinance and extends to all Greensboro trails.
- **Wear a helmet.** All persons 15 years old and under must wear one and everyone should wear a helmet for their safety.

Trail Etiquette

- **Pay attention to signs**, as some trails are restricted to pedestrians only.
- **Be courteous and respectful of other trail users**, regardless of their mode of transportation, speed or skill level.
- **Keep right; pass on left.** Stay as close to the right-hand side of the trail as is safe, except when passing. Faster traffic is responsible for yielding to slower, oncoming traffic.
- **Pass with courtesy and care.** Make others aware you are approaching. Be prepared to stop if necessary. Check behind you before you change position on the trail.
- **Share the trail.** Mountain bikers, runners, and hikers must share multi-use trails. Yield to other bikers who are climbing. Bicyclists always yield to hikers and runners.
- **Do not block the trail.** When in a group (including pets), use no more than half the trail, so that others may pass.
- **Leave no trace.** Take anything you bring onto the trail back out with you.
- **Be quiet on nature trails.** To increase your chances of spotting animals, be quiet so as not to scare them away.
- **Stay on the trail for your own safety.** This will also help protect plants and animals that live near the trail and help keep you from getting lost.

Multiple Use Hiking + Biking Trails


These trails are available for the enjoyment of mountain bike enthusiasts as well as hikers. Cyclists are requested to use caution, yield to pedestrians and avoid riding after rainfall. Certain trails may close due to wet conditions, please call (336) 373-2MTB for up-to-date information on trail closures. Please remember most trails are linear so you have to hike out the way you came in.

 **Bald Eagle Trail, 4.13 miles**
The Bald Eagle Trail begins near the entrance to Lake Higgins on Hamburg Mill Rd. A small parking lot is provided. The trail winds its way along Lake Higgins offering many opportunities to view unique waterfowl. A 1.18 mile loop on the western side of Lewiston Rd is an added bonus. **Sponsor: Fat Tire Society**


Blue Heron Trail, 4.20 miles
This trail meanders by the shore of the beautiful Lake Townsend and has plenty of variety, too, as it leads you out of the woods for multiple power line crossings. New for 2013 are two loops for extra mileage. Enjoy the Blue Heron for its fun and easy flow for all riders & walkers. **Sponsor: Fat Tire Society**

 **Copperhead Trail, 5 miles**
The Copperhead Trail dips and twists through the wooded areas of Country Park with its berms and gullies that keep the mountain biking locals coming back for more. Trailhead parking can be accessed at the Lewis Rec Center parking lot. **Sponsor: Fat Tire Society**

King Fisher Trail, 1.25 miles
The King Fisher is a quick loop if you are looking to loosen up your legs for a long ride between lakes. It doesn't have the lake views that other trails enjoy, but does not lack in fun ride factor! **Sponsor: Fat Tire Society**

 **Owls Roost Trail, 4.25 miles**
Voted the best urban ride in the country by Bicycling Magazine in 2003, this trail is accessible from both Bur-Mil Park and the A&Y Greenway. New for 2013 is a one-way MTB ONLY 1 mile section called the Shady Side Trail. The adjoining fire lanes provide 1.25 miles of additional trail. Plenty of dips, twists and hops make the Owls Roost a regional favorite for mountain bikers. This is the most technical ride in our system. **Sponsor: Fat Tire Society**

Reedy Fork Trail, 3.51 miles
Parallel to beautiful Reedy Fork Creek and the backwaters of Lake Townsend, this trail is a great pick for an easy ride or a scenic hike. A small section near N. Church St. is on Plainfield Rd. and users should be aware that this trail is prone to flooding due to nearby spillway and dam. **Sponsor: Fat Tire Society**


 **Wild Turkey Trail, 4.46 miles**
This trail runs parallel to the Nat Greene walking trail and can be accessed from the A&Y Greenway just before the south side of the bridge. Compared to Owls Roost, it's great for beginners, but far from tame! **Sponsor: Fat Tire Society**

 **The Zone** 
Test your skills on this downhill jump course. Features include: jumps, berms, rhythm and whoop sections. Helmets are required and rules are posted on the kiosk next to the course start point behind the Stoner-White Stadium scoreboard. Inexperienced riders are discouraged from entering The Zone. **Sponsor: Fat Tire Society**

Hiking Only

Beech Bluff Trail, 1.3 miles
Beginning on the south side of Brass Eagle Loop, the Beech Bluff Trail follows rugged terrain on a hillside overlooking wetlands, where uncommon species of ducks may be seen. The trail ends at an access road for a water station (when parking, do not block that entrance).

Laurel Bluff Trail, 3.25 miles
Beginning on Church St., this trail has a wide variety of wildflowers, great views of the lake, plenty of signs of wildlife and a beautiful mountain laurel grove along Reedy Fork Creek. Ending on Lake Brandt Rd, this trail is a crowd pleaser. **Sponsor: Audubon Society**

 **Nat Greene Trail, 3.25 miles**
Begins at Old Battleground Rd and boasts a 200-foot boardwalk. Beautiful views of Lake Brandt can be seen throughout this hike. The trail intersects the A&Y Greenway and finishes at Lake Brandt Marina. **Sponsor: Piedmont Hiking & Outing Club**

Osprey Trail, 2.3 miles
The Osprey Trail, beginning from Church St, follows the south shore of Lake Townsend. There are many signs of bird life along the trail, including the trail's namesake, the Osprey, a large bird-of-prey who has been known to make its home here. **Sponsor: Guilford MST Friends**

Palmetto Trail, 1.59 miles
Parallel to the Nat Greene Trailhead on Old Battleground Rd, this trail traverses along the west bank of Lake Brandt's southern arm. Here you'll find interesting geological features and a diversity of flora and fauna year round.

Peninsula Trail, 1.19 miles
This trail begins across Church St from the Laurel Bluff Trail and follows a winding peninsula along the back waters of Lake Townsend. Pleasant views of the lake and beautiful leaf colors can be seen in the fall. **Sponsor: Sierra Club**


Piedmont Trail, 2.75 miles
Starting near Strawberry Rd on the A&Y greenway, this trail travels by blackberries, strawberries, wildflowers and fallen trees. And it's just a short walk over the bridge that crosses Lake Brandt to Bur-Mil Park. **Sponsor: Piedmont Hiking & Outing Club**


Townsend Trail, 3.8 miles
From Yanceyville Rd, this trail continues along the shores of scenic Lake Townsend. Pack a lunch for this long hike. The primitive trail ends at a small gravel parking lot on South Shore Rd just west of Bryan Park. **Sponsor: Sierra Club**

West House Trail, 0.7 miles
Beginning on the west side of Church St, across the street and just north of the southern end of the Peninsula Trail, the West House Trail meanders along the shores of Lake Townsend and ends at a historic home site known as the West House. **Sponsor: Herring Hikers**

WANT TO SPONSOR A TRAIL?
email: gsostrails@greensboro.nc.gov

Greenways

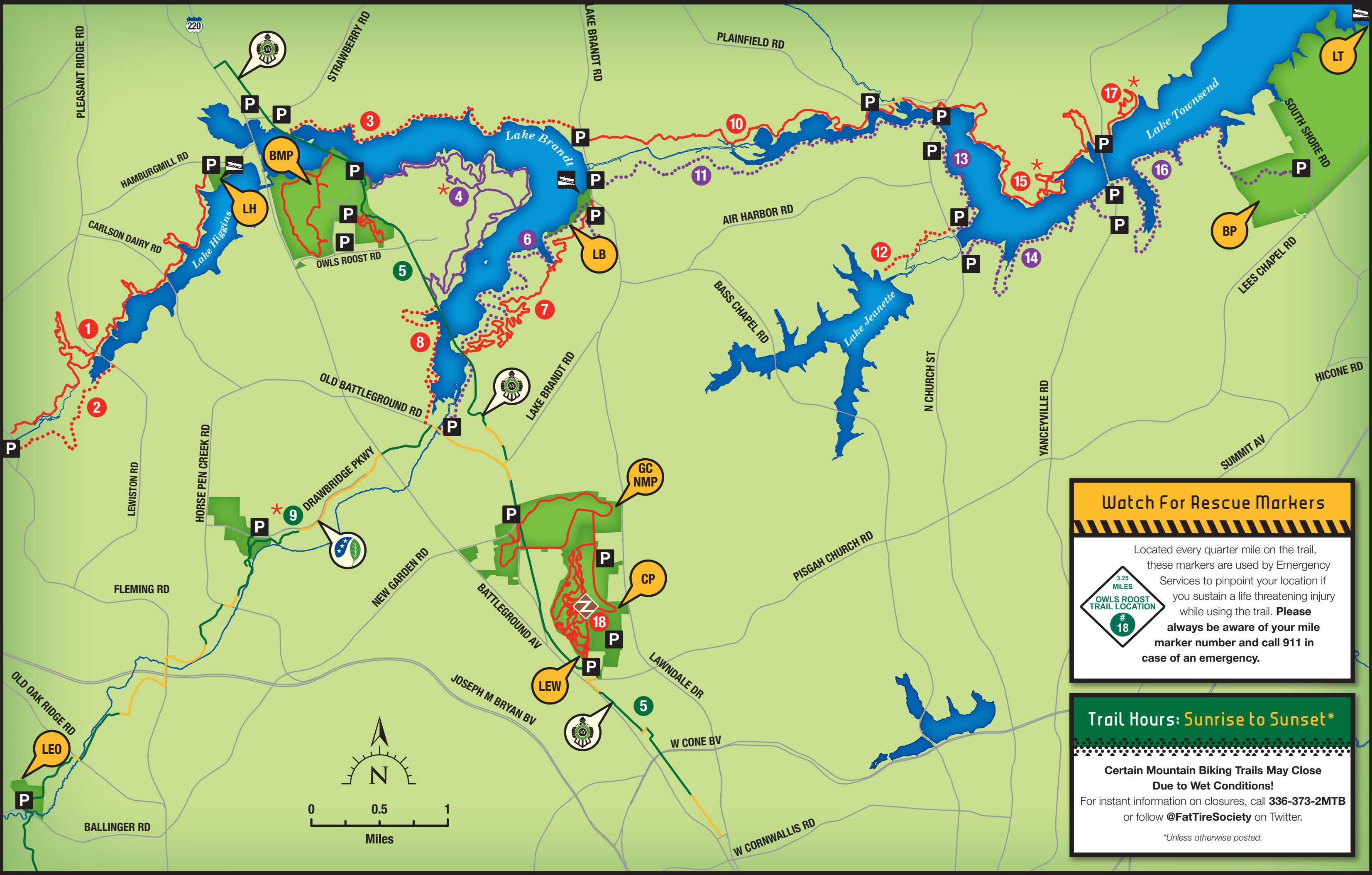
 **Atlantic + Yadkin Greenway, 7.5 miles**
This trail's name reflects the greenway's past as an active railway corridor in the early 1900's. The A&Y is paved, provides connections to most of our hiking and mountain biking trails and has access points at Bur-Mil Park, the Military Park and the Lewis Rec Center. The southern-most terminus is Markland Drive; the northern-most is US 220. **Sponsors: Noble Academy, Girl Scout Troop 1714, Janes on the Run, and RunnerDude's Fitness**

 **Bicentennial Greenway, 9.3 miles**
Ride or stride this greenway all the way to High Point! Parking is available at the Old Battleground Rd, Nat Greene trailhead, where it connects via sidewalk to the A&Y. From the trailhead, it meanders towards Battleground Ave as it makes its way to High Point. Parts of the path are on sidewalk connectors and a few small sections use roads. Our map of this greenway stops at the city limits of Greensboro.

Mountains to Sea Trails



The trail names labeled in purple are part of a greater trail system called the North Carolina Mountains to Sea Trail, also known as the MST. Upon completion, this trail will consist of 1,000 miles of footpaths, roads, and bike routes, connecting NC from East to West. You can identify these trails on the path by their unique white, circular trail markers. For more info, please visit www.ncmst.org



Watch For Rescue Markers

Located every quarter mile on the trail, these markers are used by Emergency Services to pinpoint your location if you sustain a life threatening injury while using the trail. **Please always be aware of your mile marker number and call 911 in case of an emergency.**

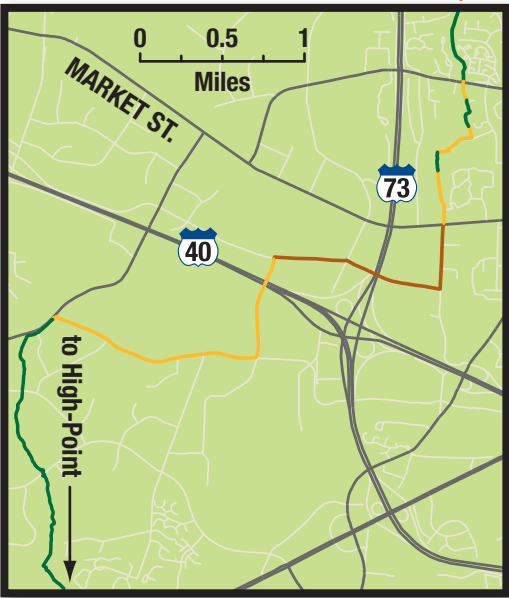
Trail Hours: Sunrise to Sunset*

Certain Mountain Biking Trails May Close Due to Wet Conditions!

For instant information on closures, call **336-373-2MTB** or follow **@FatTireSociety** on Twitter.

*Unless otherwise posted.

Bicentennial Trail Continued (50% SCALE)



Proposed ●

Trail ● Greenway ● Sidewalk/Road ● Mountains to the Sea Trail ●

Solid lines = multiple use Dotted lines = hiking only * = new trail or route

P Parking Marinas Parks Water Major Roads

- | | |
|--------------------------|-----------------------|
| 1 Bald Eagle Trail | 10 Reedy Fork Trail |
| 2 Beech Bluff Trail | 11 Laurel Bluff Trail |
| 3 Piedmont Trail | 12 West House Trail |
| 4 Owls Roost Trail* | 13 Peninsula Trail |
| 5 A&Y Greenway | 14 Osprey Trail |
| 6 Nat Greene Trail | 15 Blue Heron Trail* |
| 7 Wild Turkey Trail | 16 Townsend Trail |
| 8 Palmetto Trail | 17 King Fisher Trail* |
| 9 Bicentennial Greenway* | 18 Copperhead Trail |



The Zone

Bur-Mil Park
5834 Bur-Mil Club Road
Greensboro NC 27410
Phone: (336) 641-2020
Hours: Varies seasonally
Web: www.burmilpark.org

Bryan Park
6275 Bryan Park Road
Browns Summit NC 27214
Phone: (336) 373-7968
Hours: Daily 8am until Sunset
Web: www.greensboro-nc.gov

Country Park
3905 Nathanael Greene Drive
Greensboro NC 27455
Phone: (336) 373-3648
Hours: Varies seasonally
Web: www.greensboro-nc.gov

Guilford Courthouse National Military Park
2332 New Garden Road
Greensboro 27410
Phone: (336) 288-1776
Hours: Tues-Sat 8:30am - 5pm
Web: www.nps.gov/guco

Lake Higgins
4235 Hamburg Mill Road
Summerfield NC 27358
Phone: (336) 373-3739
Hours: Varies seasonally
Web: www.greensboro-nc.gov/lakes

Lake Brandt
5945 Lake Brandt Road
Greensboro NC 27455
Phone: (336) 373-3741
Hours: Varies seasonally
Web: www.greensboro-nc.gov/lakes

Lake Townsend
6332 Townsend Road
Browns Summit NC 27214
Phone: (336) 373-3694
Hours: Varies seasonally
Web: www.greensboro-nc.gov/lakes

Lewis Recreation Center
3110 Forest Lawn Drive
Greensboro NC 27455
Phone: (336) 373-3330
Hours: Mon-Fri 9am - 10pm
Sat 9am - 1pm; closed Sun
Web: www.greensboro-nc.gov

Leonard Recreation Center
6324 Ballinger Road
Greensboro NC 27410
Phone: (336) 297-4889
Hours: Mon-Fri 9am - 10pm
Sat 9am - 1pm; closed Sun
Web: www.greensboro-nc.gov



Greensboro Parks & Recreation Department Trails & Greenways
(336) 373-3816

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